

Statistics Report 35183, Corn, dried, yellow (Northern Plains Indians)

Report Date: July 16, 2017 13:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	6.36	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	419	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	1752	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein 1	g	14.48	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) 1	g	10.64	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash 1	g	2.24	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	66.27	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary 1	g	20.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sugars, total 1	g	21.32	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Sucrose 1	g	20.08	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glucose (dextrose) 1	g	0.69	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fructose 1	g	0.55	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Starch 1	g	24.99	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Minerals													
Calcium, Ca 1	mg	25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe 1	mg	2.61	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg 1	mg	149	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Phosphorus, P 1	mg	344	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K 1	mg	775	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na 1	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn 1	mg	3.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu 1	mg	0.293	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Manganese, Mn 1	mg	0.900	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se 1	µg	56.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Thiamin 1	mg	0.261	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin 1	mg	0.181	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1	mg	8.250	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid 1	mg	1.590	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 1	mg	1.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total 1	µg	111	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, food	µg	111	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, beta 1	µg	117	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carotene, alpha 1	µg	18	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta 1	µg	61	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin A, IU	IU	261	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lycopene 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E (alpha-tocopherol)	mg	0.44	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	07/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	1.974	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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15:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0 1	g	1.599	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 1	g	0.297	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 1	g	0.058	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 1	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	3.750	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated 1	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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17:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated 1	g	3.692	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 1	g	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	4.543	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated 1	g	4.419	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated 1	g	0.124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-3 c,c,c (ALA) 1	g	0.124	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-6 c,c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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20:4 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Amino Acids													
Tryptophan 1	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine 1	g	0.431	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine 1	g	0.485	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine 1	g	1.468	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine 1	g	0.498	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine 1	g	0.293	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine 1	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine 1	g	0.642	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine 1	g	0.465	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Valine 1	g	0.655	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine 1	g	0.581	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine 1	g	0.313	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine 1	g	1.156	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid 1	g	1.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid 1	g	2.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine 1	g	0.539	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline 1	g	1.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine 1	g	0.732	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data

¹*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c*, 2004 Beltsville MD